



NEW(S) HORIZON

A NEWSLETTER FROM THE
WALPOLE COUNCIL ON AGING

WALPOLE CENTER—135 SCHOOL STREET, WALPOLE, MA 02081

Telephone 508-668-3330 **Fax** 508-660-7363 **website:** www.walpole-ma.gov

The Council on Aging is the department of town government dedicated to assessing the needs of and providing services to Walpole residents age 60 and older.

The goal of the Walpole Council on Aging is to serve as advocates and to embrace the lives of Walpole Elders.

YOU ARE CORDIALLY INVITED TO ALL MEETINGS OF THE WALPOLE COUNCIL ON AGING OUR NEXT MEETING IS **THURSDAY, NOVEMBER 21ST AT 1:30 PM** AT THE NEWELL SENIOR CENTER ATTACHED TO WALPOLE TOWN HALL

The Walpole C.O.A. is proud to sponsor many events and programs addressing health concerns for Walpole elders. Examples of these are as follows:

Nutrition programs	VNA Clinics	Dominos
TRIAD	Yoga	Whist
HESSCO Lunches	Outreach Services	Bridge
Podiatrist	Cribbage	Great Trips
Educational	Financial programs	Chair Exercise programs
Knitting group	Writing group	Zumba Gold
Bingo	Veterans Group	Mah Jongg
Transportation for shopping, errands, and medical appointments		
Day of Beauty (September-June)		

LOOK INSIDE THE WALPOLE NEWSLETTER FOR TIMES AND DATES OF THESE PROGRAMS!

For the most up-to-date information, please go on our website at www.walpole-ma.gov
(Once on main page, click on contacts and find the COA)

WALPOLE SENIOR CENTER HOURS:

MONDAY, WEDNESDAY, THURSDAY, FRIDAY 8:30 –5:00PM TUESDAY 8:30– 8:00PM

THE SHINE PROGRAM

Serving the Health Information Needs of Elders

Free Health Insurance Counseling and Assistance for Medicare Beneficiaries of All Ages



SHINE Program:

I'm on Medicare

How will The Affordable Care Act (Obama Care) that starts in 2014 affect my Medicare Coverage?

The Affordable Care Act is designed to assist people who don't have any health insurance. You have health Insurance through Medicare.

Your Medicare Benefits aren't changing. No matter how you get Medicare, whether through Original Medicare or a Medicare Advantage Plan, you'll still have the same benefits and security you have now, and you won't have to make any changes.

Do I need to do anything During Medicare Open Enrollment (October 15-December 7, 2013)?

Medicare Open Enrollment (October 15-December 7, 2013) is the time when all people with Medicare are encouraged to review their current health and prescription drug coverage including any costs, coverage, and benefits that will take effect next year.

If you want to make any change in your coverage for next year now is the time to do it

DO NOT WAIT UNTIL IT'S TOO LATE! To schedule a Shine appointment call the Walpole Council on Aging at

508-668-3330 or 1-800-243-4636

About Daylight Saving Time

The main purpose of Daylight Saving Time is to make better use of daylight. We change our clocks during the summer months to move an hour of daylight from the morning to the evening.

The rationale behind Daylight Saving Time is to save energy in the summer months by extending the daylight in the evening when more people would be using more lights and electricity.

History of Daylight Saving Time

Daylight Saving Time was conceived by Benjamin Franklin in 1784

"Fall Behind" set clocks back 1 hour before bed
Saturday November 2nd



Wash your Hands!

Did you know that 20 seconds is needed to adequately wash hands with warm water and soap to help prevent the spread of flu

LAUGHTER IS THE BEST MEDICINE

How many paranoid people does it take to change a light bulb?

Who wants to know

There's a new group for compulsive talkers. It's called

On & On Anon.

The economy is in such rough shape that the last time I bought a fast-food meal the cashier asked...

"Can you afford fries with that?"

What always comes at the end of Thanksgiving?

The letter G!

November Trips

NOVEMBER 4 MONDAY	ERRAND DAY & WALPOLE MALL COMBINED	Van will take you anywhere in Walpole	CALL CENTER 508-668-3330 to let us know where you need to go.
NOVEMBER 7 THURSDAY	CHICKIE FLYNN	Limited Seating Must Sign up at Center	Leave Center at 11:15 AM
NOVEMBER 13 WEDNESDAY	THE MUSEUM OF WW II Natick MA	Limited Seating Must Sign up at Center	Leave Center at 10:00 AM
NOVEMBER 20 WEDNESDAY	RESTAURANT OF MONTH	Dolphins in Natick	Will Leave Center at 11:15 AM
NOVEMBER 21 THURSDAY	WOBURN MALL	Featuring special 40% discount at Appleseed's Clothing store	Will Leave Center at 9:30 AM
NOVEMBER 25 MONDAY	LEGACY PLACE	Come and enjoy the shops and the restaurants	Leave Center at 9:30 AM



November Special Events



NOVEMEBR 6 WEDNESDAY	NORWOOD HOSPITAL PRESENTATION	Memory Loss vs. Dementia Featuring Mary Richardson and Dr. Alan Kurland	1:30 PM CALL 508-668-3330 to RSVP
NOVEMBER 6 WEDNESDAY	FLU SHOT CLINIC	Town Hall Room 112	1:00 PM - 3:00 PM
NOVEMBER 7 THURSDAY	HEALTHY EATING FOR SUCCESSFUL AGING	Start of a 6 week course	CALL 508-668-3330 to sign up
NOVEMBER 12 TUESDAY	PODIATRIST	Must make appointment at center	1:00 PM - 4:00 PM
NOVEMBER 13 WEDNESDAY	TRIAD PROGRAM	Come receive a FREE Picture ID	11:00 AM
NOVEMBER 14 THURSDAY	WALK IN BREAKFAST	Come to the Center and enjoy a home cooked breakfast	8:00 AM - 10:00 AM
NOVEMBER 18 MONDAY	VNA WORKSHOP	Holistic Approaches to stress reduction	1:00 PM

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u> Daylight savings ends on Sunday Nov 3rd at 2:00AM. Set your clocks back 1 hour on before bed on Saturday!	<u>FRIDAY</u>
				1 Zumba 9:00 AM Bowling 10:00 AM Bingo 12:30 PM
4 Errand Day & Walpole Mall Exercise class 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	5 Stop & Shop - AM Trips Walking Club 8:30 AM Whist 12:00 PM Mah Jongg 2:30 PM	6 Exercise class 10:00 AM Knitting 10:00 AM Mary Richardson talk 1:30 Flu Shots RM 112 1-3pm Senior Chorus 3:30 PM	7 Chickie Flynn Yoga 10:30-11:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hooks and Needles 6:30 -9:00 PM	8 Zumba 9:00 AM Bingo 12:30 PM
11 VETERANS DAY Center closed due to HOLIDAY	12 Stop & Shop - AM Trips Walking Club 8:30 AM Whist 12:00 PM Mah Jongg 2:30 PM <i>Podiatrist 1:00 PM</i>	13 Day of Beauty 8:30 AM Knitting 10:00 AM TRIAD meeting 11:00 AM <i>Movie at Center 1:00 PM</i> Senior Chorus 2:30 PM	14 Walk in Breakfast 8-10AM Yoga 10:30-11:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hooks and Needles 6:30-9:00 PM	15 Zumba 9:00 AM Bowling 10:00 AM Writing 10:00 AM Bingo 12:30 PM
18 Market Basket 9:30 AM Exercise class 10:00 AM VNA Workshop 1:00 PM Dominos 1:00 PM Mah Jongg 1:30 PM	19 Stop & Shop - AM Trips Walking Club 8:30 AM Whist 12:00 PM Mah Jongg 2:30 PM	20 Exercise class 10:00 AM Knitting 10:00 AM Restaurant of Month Creative Corner 1:00 PM <i>Puppy Love</i> Senior Chorus 2:30 PM	21 Woburn Mall 9:30 AM Yoga 10:30-11:30 AM Cribbage 1:00 PM COA Meeting 1:30 PM Bridge 1:15 PM Hooks and Needles 6:30-9:00 PM	22 Zumba 9:00 AM Bingo 12:30 PM
25 Legacy Place 9:30 AM Exercise class 10:00 AM VNA Blood Pressure Dominos 1:00 PM Mah Jongg 1:30 PM	26 Stop & Shop - AM Trips Walking Club 8:30 AM Whist 12:00 PM Mah Jongg 2:30 PM	27 Exercise class 10:00 AM Senior Chorus 2:30 PM	28 THANKSGIVING DAY Center closed due to HOLIDAY	29 Zumba 9:00 AM Bowling 10:00 AM Bingo 12:30 PM

From the Director's Desk

November is a month to be thankful, and I just want to thank all of you for being so incredible these past seven months at welcoming me in my new role. It is overwhelming at times how wonderful everyone has been. I truly love coming to work every day!! Each day is a new adventure and I look forward to continuing to grow and develop the Center. A very large thank you also needs to be given to the volunteers who donate their time and energy to the Center. The COA would not be able to run if it were not for all of you, and I appreciate everything you do!!

I would like to say thank you to all the veterans past, present and future who serve our country. For me it's important that we remember the service these special men and women have given our country, and to those who gave the ultimate sacrifice. Thank you to all the Veterans who have worked, and continue to work, hard for our freedom!

Courtney Riley



Save the Date...

For our Annual Holiday Party!

Thursday, December 5th

Raffael's Restaurant 12:00 PM to 5:00 PM

Join us for live entertainment and a great luncheon!!!



THANK YOU



A very big **THANK YOU** to the Walpole Starbucks for donating so many delicious goodies every morning and coffee during our walk in breakfasts.

A very large thank you to **Ron Farnum** for picking these treats up for us and bringing them to the Center!

TRIAD MEETING

The Norfolk County Sheriff's Office and the Walpole TRIAD are excited to announce a new program: the Senior Photo Identification Card. This program will supply seniors with a secondary form of identification, free of charge, from the Sheriff's Office in conjunction with the Walpole TRIAD and Council on Aging.

Seniors interested in this program should come to Walpole's Council on Aging on Wednesday, November 13, 2013 between 11:00a.m and 12:00 noon.

In order to receive this free photo ID, seniors will need to provide one of the following:

A valid Mass Driver's License

A valid US Passport

A valid Mass RMV Photo ID

For more information, please contact us at the number or email address below.

(781) 751-3516 or jcanavan@norfolksheriffma.org.

HEALTHY EATING FOR SUCCESSFUL AGING - 6 week course **Starting Thursday November 7th at COA from 1:00 PM - 3:00 PM**

FREE Program includes: Self-assessment and management; Goal setting, problem solving, group support, behavior changes Education and interaction (only 10 spots available)

LESSON

Week 1.....My Pyramid, label reading, exercise

Week 2.....Grains, vegetables, fruits, water, and exercise

Week 3.....Meat, eggs, legume, milk, exercise

Week 4.....Fats, sweets, exercise

Week 5.....Applying skills for grocery shopping

Week 6.....Putting it all together. Meal prep demo

ROBBINS ROAD COMPOST FACILITY FALL HOURS:

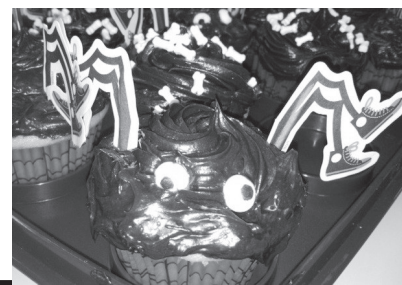
SATURDAYS 8 AM TO 4 PM OCTOBER 12th TO NOVEMBER 30th

WALPOLE CLUB OF MONTH

The Walpole Veterans group meets on Thursday every month at 10:00 AM at COA. Please join our veterans officer Jon Cogan at these meetings. The discussions are always interesting and very valuable for veterans of all ages.

There are opportunities to learn about new benefits offered to vets, plus the coffee and cakes are delicious along with enjoying the companionship of your fellows servicemen.

It is always so interesting to listen to all the stories.



NEW(S)HORIZONS

Walpole
Council on Aging
Town Hall
135 School Street
Walpole, MA 02081

Telephone: (508) 668-3330

Fax: (508) 660-7363

Courtney Riley, Director COA
Conchita Geyer, Outreach Worker
Jane Wulk, Van Driver
Carol Fellini, Van Driver
Jim Hinds, Van Driver

Dolores Efthim
Chairman COA Board

Meal site
(508) 668-3423

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*Friends of the Walpole
Elder's, Inc.
P.O. Box 186
East Walpole, MA 02032*

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WALPOLE VNA

The Walpole Area VNA nursing staff conducts clinics for blood pressure checks, other screenings and provides health info at the following times and places.

**4th Monday of the month -
Walpole Senior Center,
Town Hall 12:30pm**

As well as:

3rd Wednesday of the month -
Norfolk Senior Center 12:30pm

3rd Wednesday of the month -
Norwood Senior Center 12:30pm

4th Friday of the month -
Dover Town Hall 1:00pm

Walpole Area VNA will be offering three classes at the Council on Aging this fall.

Monday November 18, 2013 at 1:00 p.m.

Holistic Approaches to stress reduction. This class teaches techniques for stress reduction emphasizing mindful breathing and mindful eating.

**“Norwood Hospital Wellness Tour:
Memory Loss vs. Dementia,”**

Wednesday

November 6th 1:30 PM - 2:30 PM

Featuring Mary Richardson, former co-anchor of WCVB TV's *Chronicle* and Norwood Hospital Neurologist Alan Kurland, MD.

Please call the Walpole Center to RSVP for this event:
508-668-3330